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### UM offers fitness leader certification course

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# University of Montana

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## MEDIA RELEASE

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### UM OFFERS FITNESS LEADER CERTIFICATION COURSE

The University of Montana will offer the course "YMCA Fitness Leader Certification/Aerobic Dance Workshop" Feb. 22 and 23 on the UM campus.

The workshop will provide information about YMCA leadership and YMCA physical fitness. There will be a specific emphasis on exercise physiology and anatomy, monitoring of participants and leadership of fitness classes.

Susanne Porter of the Missoula YMCA will teach the class, which will meet at the UM McGill Hall. The class will meet Feb. 22, 7-10 p.m. and Feb. 23, 8 a.m.-noon and 1-5 p.m.

Participants may earn one undergraduate or graduate credit.

Preregistration and payment of the \$30 fee are required by Jan. 28. To register, or for more information, contact the UM Center for Continuing Education, 125 Main Hall, Missoula, 59812; phone: 243-4626 or 243-2900.

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